

THE BIG 5

"You succeed because you CHOOSE to." -Alan Leininger

We will be wrapping up the 2016-2017 Short Course Season this coming weekend. Congratulations to all of you who have gained so much and lead the way through this excellent year!

So, what is the BIG 5?

Let's start by reading the quote above. (I'll give you 5 seconds and even queue up the "Jeopardy" theme.) Now, that you have read it...what does it mean? Well, here's what it doesn't mean:

- You succeed by accident.
- You get better at things randomly.
- You fail due to events and actions outside of your control or influence.

Think about that for a moment. In that short statement we are reminded that we choose certain things that have long-term and long-lasting effects. We actually choose our successes. I recognize that we all *want* to succeed. We all want to have a big moment...like, win the race or perhaps, get the straight A's. But, are we willing to choose the necessary steps to see those things come about?

***HINT:** Our daily, individual choices become our habits.

Now that that has been said, you should reflect on **the BIG 5**: 5 Things you did well this past season AND 5 Things that need improvement. (See below for a worksheet that you may want to print out and then fill out.)

The 5 Things you did well are not bragging points nor are they things that you feel need no improvement. They could include a memorable race, a few skills you consciously worked on throughout the season, the way you managed your time and did your homework, etc. Take your time to reflect on the season and what you did well as these things are often times the "momentum" creators you need going forward.

Once you have done that, then begin writing down what you can do better. This is usually a reflection of something that didn't end up in the way you wanted. It could be an aspect of practice that you didn't particularly like and thus, didn't give it your best effort. Maybe it was your practice attendance. Maybe it was your diet and too much junk or too little healthy food. Take this moment seriously and deliberately as it is not a time for self-pity but, in fact, a time for Honesty and improvement.

Gang, not all improvement and success comes when we want it and there is no chart that can predict when your goals or desires will be met. But, one thing is for certain...if you are going to achieve any of them at all it will be because you chose the steps along the way that made achievement even possible. Aristotle agrees when he says, *"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, determines your destiny."*

See you all on deck, Champs!

Coach Pike

End of Season Evaluation

Short Course 2016-2017

NAME _____

1. Rate yourself on the following on a scale of 1-5; 5 being the most and 1 being the least.

_____ Overall Respect for your Team, Teammates, Coaches and Competitions _____

_____ Overall Discipline _____

_____ Overall Dedication _____

_____ Support of your Teammates _____

_____ Daily attitude in the water _____

_____ Daily effort in the water _____

_____ Daily attitude about dryland _____

_____ Daily effort in dryland _____

_____ Attitude about races and meets _____

_____ Efforts at races and Meets _____

2. Do you feel like you are improving? (Y/N) *Use the back to explain if the answer is No.)
3. Name 5 Things you did well this season. *Use the back or another sheet.
4. Name 5 Things you would like to improve about your season. *Use the back or another sheet.
5. Did you have FUN this season?
6. If you had any "do-overs" what would they be?